



Sandbanks – River Adur

Depending on the time you pass the sandbanks will determine whether they're submerged or not. **There are no significant sandbanks in the first 2.5km of the swim**

Sandbank 1. Right hand side – likely to be submerged

Sandbank 2. Left hand side – likely to be visible to all except for the fastest Fin Swimmers

Sandbank 3. Middle of river before the Tollbridge - – likely to be visible to all except for the fastest Fin Swimmers